

Adult Fitness Activity Guide

Indoor Track: Our three lane track is great for walking jogging, running, and/or callisthenic workouts.

Cardio/Weight Room: This room has ellipticals, treadmills, and bicycles. The room features a top of the line series of Paramount strength training circuit equipment, as well as free weights.

Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Step-tacular	Muscle Tone	ZUMBA® Step	Muscle Tone	Step-tacular
9:30 am	Over 50 Wellness Free for SilverSneakers and Silver&Fit	Ab Lab	Over 50 Wellness Free for SilverSneakers and Silver&Fit	Ab Lab	
10 am		Yoga		Yoga	
11:30am	QuickStrength	Spin-it <hr/> SilverSneakers® Yoga	QuickStrength	Spin-it <hr/> SilverSneakers® Yoga	
1:30 pm		SilverSneakers® Classic		SilverSneakers® Classic	
5:30 pm	Yoga 5:30 ZUMBA®		ZUMBA®	Yoga 5:30	
6:30 pm				Spin-it	

See reverse side for class description. Sessions are prorated monthly!



SESSION DATES:

Two-month sessions begin: January 2, March 1, May 1, July 1, September 1 and November 1.

PROGRAM FEES:

\$45 per two-months or \$5 per class. Includes all classes on this schedule.

*Membership required: \$20 per youth, \$40 per adult and \$80 per family up to six (2 adults & 4 children).